

## CLAIMS

That which is claimed is:

1. An article of apparel for moderating a body temperature of an individual, the article of apparel comprising:
  - a torso region for covering at least a portion of a torso of the individual, the torso region having a chest area corresponding with a chest of the individual, a back area corresponding with a back of the individual, a pair of side areas corresponding with sides of the individual, and a pair of shoulder areas corresponding with shoulders of the individual;
  - a plurality of cavities distributed throughout the torso region, the cavities being positioned in each of the chest area, the back area, the side areas, and the shoulder areas; and
  - a fitting system extending at least partially around the torso region to ensure contact between the individual and at least one of the chest area, the back area, and the side areas.
2. The article of apparel recited in claim 1, wherein the apparel has a configuration of a vest.
3. The article of apparel recited in claim 1, wherein a plurality of thermal inserts are positioned in the cavities.
4. The article of apparel recited in claim 3, wherein the thermal inserts are bladders that enclose a fluid.
5. The article of apparel recited in claim 4, wherein the thermal inserts include at least two chambers, each of the chambers including a portion of the fluid.

6. The article of apparel recited in claim 3, wherein the thermal inserts are bladders that enclose water.
7. The article of apparel recited in claim 1, further including a closable access opening extending in a substantially vertical direction through at least one of the chest area and the back area.
8. The article of apparel recited in claim 1, further including instructions for utilizing the article of apparel.
9. The article of apparel recited in claim 8, wherein the instructions are permanently secured to the article of apparel.
10. The article of apparel recited in claim 8, wherein the instructions are permanently secured to an interior surface of the article of apparel.
11. The article of apparel recited in claim 8, wherein the instructions are pictorial representations for utilizing the article of apparel.
12. An article of apparel for moderating a body temperature of an individual, the article of apparel comprising:
  - a torso region for covering at least a portion of a torso of the individual, the torso region having a chest area corresponding with a chest of the individual, a back area corresponding with a back of the individual, and a pair of side areas corresponding with sides of the individual;
  - a plurality of cavities distributed throughout the torso region, the cavities being positioned in each of the chest area, the back area, and the side areas; and

instructions for utilizing the article of apparel, the instructions being permanently secured to the article of apparel.

13. The article of apparel recited in claim 12, wherein the apparel has a configuration of a vest.

14. The article of apparel recited in claim 12, wherein a plurality of thermal inserts are positioned in the cavities.

15. The article of apparel recited in claim 14, wherein the thermal inserts are bladders that enclose a fluid.

16. The article of apparel recited in claim 15, wherein the thermal inserts include at least two chambers, each of the chambers including a portion of the fluid.

17. The article of apparel recited in claim 14, wherein the thermal inserts are bladders that enclose water.

18. The article of apparel recited in claim 12, wherein the torso region includes a pair of shoulder areas corresponding with shoulders of the individual.

19. The article of apparel recited in claim 18, wherein a portion of the cavities are positioned in the shoulder areas.

20. The article of apparel recited in claim 12, further including a fitting system extending at least partially around the torso region to ensure contact between the individual and at least one of the chest area, the back area, and the side areas.

21. The article of apparel recited in claim 12, further including a closable access opening extending in a substantially vertical direction through at least one of the chest area and the back area.

22. The article of apparel recited in claim 12, wherein the instructions are permanently secured to an interior surface of the article of apparel.

23. The article of apparel recited in claim 12, wherein the instructions are pictorial representations for utilizing the article of apparel.

24. An article of apparel for moderating a body temperature of an individual, the article of apparel comprising:

a torso region for covering at least a portion of a torso of the individual, the torso region having a chest area corresponding with a chest of the individual, a back area corresponding with a back of the individual, a pair of side areas corresponding with sides of the individual, and a pair of shoulder areas corresponding with shoulders of the individual;

a plurality of cavities distributed throughout the torso region, the cavities being positioned in each of the chest area, the back area, the side areas, and the shoulder areas;

a plurality of thermal inserts positioned in the cavities, the thermal inserts being bladders that enclose a fluid;

a fitting system extending at least partially around the torso region to ensure contact between the individual and at least one of the chest area, the back area, and the side areas; and

instructions for utilizing the article of apparel, the instructions being permanently secured

to the article of apparel.

25. The article of apparel recited in claim 24, wherein the apparel has a configuration of a vest.

26. The article of apparel recited in claim 24, wherein the thermal inserts include at least two chambers, each of the chambers including a portion of the fluid.

27. The article of apparel recited in claim 24, wherein the fluid is water.

28. The article of apparel recited in claim 24, wherein the instructions are secured to an interior surface of the article of apparel.

29. The article of apparel recited in claim 24, wherein the instructions are pictorial representations for utilizing the article of apparel.

30. A method of moderating a body temperature of an individual with an article of apparel, the method comprising steps of:

refrigerating at least a portion of the article of apparel;

wearing the article of apparel during a first period of time and a second period of time,

the first period of time involving a sedentary activity, and the second period of time involving a non-sedentary activity; and

removing the article of apparel prior to engaging in further activities.

31. The method recited in claim 30, wherein the step of refrigerating includes cooling a plurality of inserts that are positioned within cavities in the article of apparel.

32. The method recited in claim 31, wherein the inserts are fluid-filled bladders.
33. The method recited in claim 30, further including a step of selecting the article of apparel to cover at least a torso of the individual.
34. An article of apparel for moderating a body temperature of an individual, the article of apparel comprising:
- a torso region for covering at least a portion of a torso of the individual;
  - a plurality of cavities distributed throughout the torso region;
  - a plurality of thermal inserts that are positioned in the cavities; and
- instructions for utilizing the article of apparel, the instructions being permanently secured to the article of apparel, and the instructions directing the individual to:
- refrigerate at least a portion of the article of apparel;
  - wear the article of apparel during a first period of time and a second period of time, the first period of time involving a sedentary activity, and the second period of time involving a non-sedentary activity; and
  - remove the article of apparel prior to engaging in further activities.
35. The article of apparel recited in claim 34, wherein the apparel has a configuration of a vest.
36. The article of apparel recited in claim 34, wherein the thermal inserts are bladders that enclose a fluid.
37. The article of apparel recited in claim 36, wherein the fluid is water.
38. The article of apparel recited in claim 34, further including a fitting system extending at

least partially around the torso region to ensure contact between the individual and the torso region.

39. The article of apparel recited in claim 34, wherein the instructions are permanently secured to an interior surface of the article of apparel.

40. The article of apparel recited in claim 34, wherein the instructions are pictorial representations for utilizing the article of apparel.

41. An article of apparel for moderating a body temperature of an individual, the article of apparel comprising:

a torso region for covering at least a portion of a torso of the individual, the torso region having a chest area corresponding with a chest of the individual, a back area corresponding with a back of the individual, a pair of side areas corresponding with sides of the individual, and a pair of shoulder areas corresponding with shoulders of the individual;

a plurality of thermal inserts distributed throughout the torso region, the thermal inserts being positioned in each of the chest area, the back area, the side areas, and the shoulder areas; and

a fitting system extending at least partially around the torso region to ensure contact between the individual and at least one of the chest area, the back area, and the side areas.

42. The article of apparel recited in claim 41, wherein the apparel has a configuration of a vest.

43. The article of apparel recited in claim 41, wherein the thermal inserts are bladders that

enclose a fluid.

44. The article of apparel recited in claim 43, wherein the thermal inserts include at least two chambers, each of the chambers including a portion of the fluid.

45. The article of apparel recited in claim 41, wherein the thermal inserts are bladders that enclose water.

46. The article of apparel recited in claim 41, further including instructions for utilizing the article of apparel.

47. The article of apparel recited in claim 46, wherein the instructions are permanently secured to the article of apparel.

48. The article of apparel recited in claim 46, wherein the instructions are pictorial representations for utilizing the article of apparel.